



### Healthy air is smoke-free!

Sign a Smoke-free Home and Vehicle Pledge  
For yourself, your family, friends and pets!

**Fill out and sign this pledge and send it in.**

**We will send you a coupon booklet for area businesses!**

Name: \_\_\_\_\_

Date \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Phone: \_\_\_\_\_

City/Village: \_\_\_\_\_

Email: (optional) \_\_\_\_\_

How many people live in your household? \_\_\_\_\_

Does a smoker live in your home? yes \_\_\_\_ no \_\_\_\_

Before today, did you allow smoking: in your home? yes \_\_\_\_ no \_\_\_\_

in your vehicle(s)? yes \_\_\_\_ no \_\_\_\_

*(Your information will not be shared.)*

\_\_\_\_ Smoke-Free Home Pledge: I will not allow smoking inside my home. I am 18 or older.

Signature \_\_\_\_\_

\_\_\_\_ Smoke-Free Vehicle Pledge: I will not allow smoking inside my vehicle(s). I am 16 or older.

Signature \_\_\_\_\_

Mail your completed pledge to:

Community Connections  
PO Box 852  
North Platte NE 69103

**Lincoln County businesses support healthy, smoke-free air in homes and vehicles!**

*Tear off and return this half. Keep the other half for yourself.*



**People are choosing to have smoke-free  
homes and vehicles,  
because secondhand smoke---**



- Can cause premature birth and low birth weight.
- Can lead to higher risk of sudden infant death syndrome.
- Can contribute to learning difficulties and ADHD (attention deficit hyperactivity disorder).
- Can cause breathing difficulties.
- Can cause missed school and work days.
- Can cause cancer.
- Can harm pets, too; they can get bronchitis, cancer, heart disease, etc.
- Can move throughout the house and between apartments in the same building.

### Ways to Keep Your Pledge for a Smoke-Free Home and Vehicle

- Remove ash trays from inside your home.
- Place no-smoking decals or clings on doors or windows.
- Before starting on a trip remind passengers that you have a smoke-free vehicle.

**Ask your friends and family to help you keep your pledge.  
Everyone's health depends on it!**



Community Connections  
**Tobacco Free Lincoln County**  
PO Box 852 – North Platte 69103  
(308) 696-3356  
[communityconnectionsnc.org/](http://communityconnectionsnc.org/)

*Keep this half for yourself*

Proud to have a

*Smoke-free!*



Home and Vehicle



Cut down

on

*sick days*

with

smoke-free  
air!

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*Healthy  
air is*

*Smoke-free!*

*Have a smoke-free home  
and vehicle for yourself  
and those you love.*